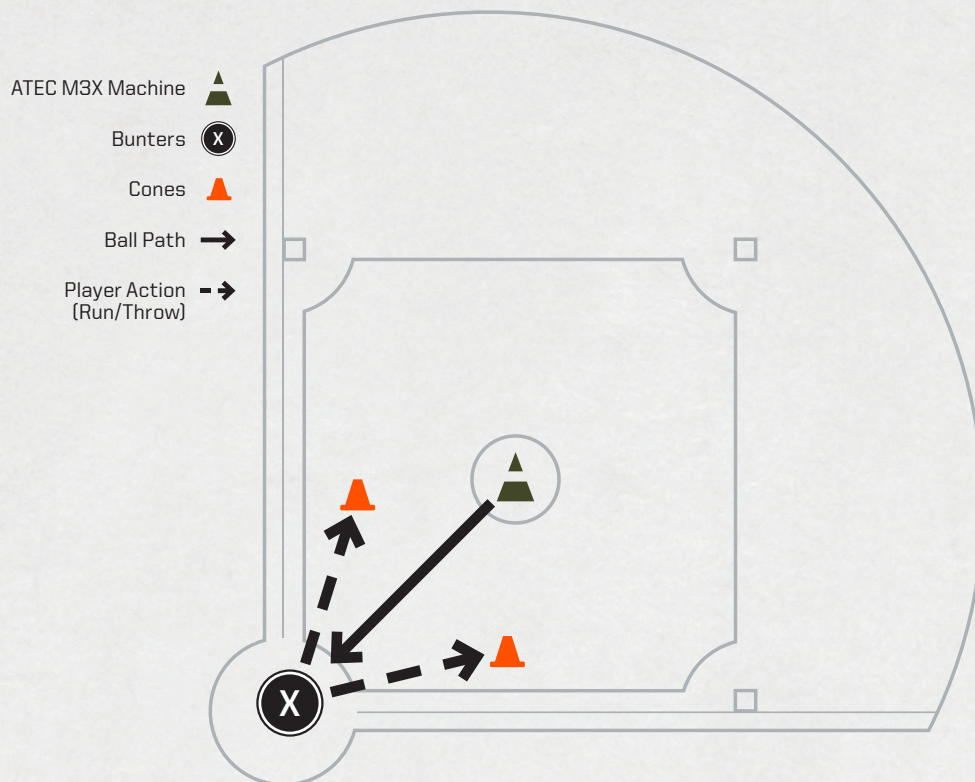


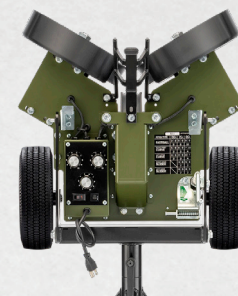
BUNTING & PRECISION BUNTING

DRILL BENEFITS

To become a complete hitter, it's essential for batters to know how to bunt the ball precisely when and where it's needed. This drill allows for a high volume of pitches to be delivered in a short amount of time so batters can become comfortable with this skill and more accurate in their bunting placement.



M3X



MACHINE BENEFITS

Training with the ATEC M3X machine you can throw consistent, accurate pitches for specific ball placement in and out of the strike zone, allowing precise training for inside/outside, high/low bunting drills.

EXECUTION

- Position the M3X on mound (▲) and line bunters up at home (X). Place cones down each baseline (▲) as target for bunters.
- Initiate drill by raising hand to put ball into the machine. Batter should square from hitting position into bunting position.
- Have players practice both sacrifice bunts and bunting for a hit to both the right and left sides, rotating after each bunt in order to get a high number of repetitions in the drill.
- Instruct bunters to get wide with their feet, with their chest over the front leg, allowing them to get low on the ball.
- Adjust pitch placement and velocity as batters become comfortable with the drill.

DISCLAIMER:

ATEC drills are designed to develop player skills in various areas of the game. Results will differ for each player. Players should use appropriate protective equipment during drills to protect against potential bodily injury.